

# Spaghetti Aglio e Olio



## Recipe By FoodieBook

**Ref:** 226

**Heading:** Pasta

**Cuisine:** Italian

**Food Type:** Vegan

**No of Portions:** 4

## Ingredients & Prep

400 g Spaghetti dry

240 ml Extra virgin olive oil

4 Garlic clove, sliced or mashed

2 Red chilli large mild chopped finely

2 tbsp Fresh parsley, chopped

1 tsp Black pepper course ground

### Garnish

sprinkle Vegan Parmesan cheese grated (optional)

## Method

**Step 1** - Cook pasta in a pan of salted water to a rolling boil.

Then, add spaghetti, while pasta is cooking, heat the olive oil in another pan large enough to hold the cooked pasta later fry the garlic & red chilli over low heat for 3 mins .

**Step 2** - When spaghetti is cooked al dente, drain & add to oil, garlic, chilli pan straight away, toss/mix them together with the chopped parsley & serve.

**Step 3** - Garnish with an extra twist of black pepper & grated vegan Parmesan if you wish.

## Suggestion & Tips

You can use different herbs, add a dash of white wine before adding pasta, select half the amount for starters.